



Volunteer Guidelines

**You start a great challenge, and it will change yourself.
These guidelines will help you to find the best way while living and
working in a different culture at Sambhali's family in India.**

**Thank you for coming to help Sambhali Trust –
enjoy a great experience!**

Sambhali Trust, Jodhpur

1. Inform yourself about your host country, its people and culture

By informing themselves fully volunteers will ensure that they are well prepared for their trip. We advise volunteers to familiarise themselves with their host country, its people and culture, as much as possible before they travel overseas. Indians' nature is full of hospitality and good relationships are a high value. You will experience that they don't speak much and have different gestures. Appreciation to Volunteers is shown in a different way and perhaps you must learn to recognize it.

→ Contact Ex-Volunteers in our group and ask your questions to Govind Singh Rathore – Managing Trustee and Founder of Sambhali Trust – or our Sambhali Team.

2. Familiarise yourself with your role description

Written role descriptions help volunteers to understand what they will be expected to do on their placement. It will answer lots of your questions and prepare you best so that you can

utilise your time overseas well. At Sambhali Trust our Volunteers work in the centre of our missions and as these firsthand people you should be available 24/7 for cases of emergency.

→ Read our Volunteers' Handbook carefully.

3. Respect local customs and adopt the role of learners and guests

Volunteers express often that a major motivation is to 'give something back' and to 'help people less fortunate than themselves'. Sometimes this motivation can lead to over-enthusiasm as they work to maximise their impact. It can lead to a sense of knowing best and showing less respect for local customs and knowledge.

However, it's often the volunteer who learns more from the hosts, than the hosts from them.

→ Be aware about your role as learner more than just 'giver' and show respect while experiencing the new culture. Best improvement can arise when we give a positive example which is worth being imitated by others. Always try to give your level best in your hostland.

4. Act always in a professional manner - be flexible, adaptable and respectful

Sometimes volunteers get in too much of a 'fun' or 'adventure' mindset and take less than professional attitude to their placement. Always be aware that volunteers are expected to be adaptable and to act respectful in what they do while on placement and in their attitudes to the local community and their colleagues.

At your work and probably at your whole stay you will experience a moving environment. Therefore, the most important skill which help you to adapt is flexibility.

→ Ask regularly for feedback of your local supervisors and try to understand their point of view. Adapt as best as you can.

5. Show your respect with appropriate clothes and speaking

Dress up conservatively. The best choice is to prefer Indian outfits. Please avoid tight clothes, shorts, short dresses, short tops and similar. Your dialogues always should be respectful and keep a professional distance.

→ Please see dress code details in our Volunteer's Handbook and ask for feedback.

6. Channel your experiences and knowledge into your home community

While your stay at an overseas placement you are in the privileged position to learn much about your host country in your daily life. You will be full of impressions and often feel great with all your new experiences.

→ Share your pics and videos, posts and stories with your family, friends and on social media. At any question we can support you with our experience as overyears NGO in India.